

## Tips from [www.suicide.org](http://www.suicide.org)

### How to help a suicidal person

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- **Always take suicidal comments very seriously**

*Assuming that the person is only seeking attention is a very serious, and potentially disastrous, error.*

*Get help immediately.*

- **Follow the information that is on the home page for [www.suicide.org](http://www.suicide.org)**
- **Follow the information that is on the resources page for [utahsuicideprevention.org](http://utahsuicideprevention.org)**

*Dealing with a person who is suicidal is not easy, so accessing [www.suicide.org](http://www.suicide.org) or [utahsuicideprevention.org](http://utahsuicideprevention.org) can help you*



- **Get help immediately. Call 911 or Utah County Crisis Line  
801-691-LIFE(5433)**

*And always remember that you need to call 911 or your local emergency number immediately for anyone who is at a high risk for suicide. Do not hesitate.*

- **Try not to act shocked**

*The person is already highly distressed, and if you are shocked by what is said, the person will become more distressed. Stay calm, and talk with him or her in a matter-of-fact manner, but get help immediately.*

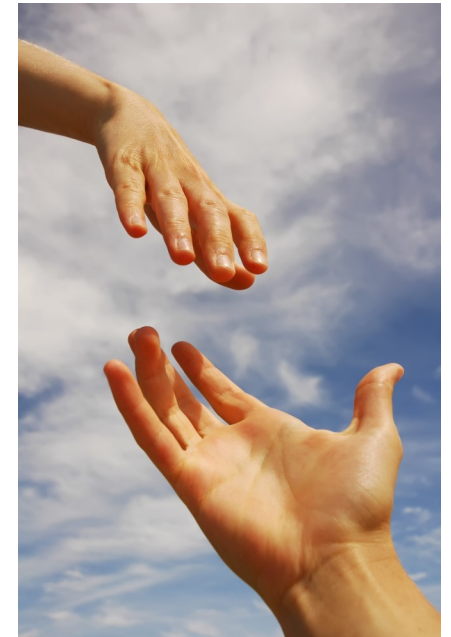
- **Do not handle the situation yourself**

*A suicidal person needs immediate assistance from qualified mental health professionals. Again, **call 911 or Utah County Crisis Line 801-691-LIFE (5433)***

*And do not allow untrained individuals to act as the only counselors to the individual.*



## Suicide Prevention resources for Utah County



## Where to get help:

### Resources

#### Utah County Crisis Line

*Let us be your life line*

**Free help 24 hours a day**

801-691-LIFE(5433)

#### Veterans Crisis Line

*The power of 1 can save a life*

*Confidential help for veterans and their families*

1-800-273-8255 (Press 1)

Or Text to 838255 to get help NOW!

Confidential Veterans Chat

[www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net)

[veteransuicideprevention.org](http://veteransuicideprevention.org)

#### SafeUT App

Connect directly to the UNI Crisis Line or report a confidential tip on bullying, school threats of violence or concern about someone in crisis.

#### MY3 App

Allows you to stay connected when you are having thoughts of suicide. Create your support system, build a safety plan and access important resources in times of crisis.

#### Wasatch Mental Health

*Embracing Wellness*

750 North Freedom Blvd. Provo

**24 Hour Crisis Line**

801-373-7393

#### Utah Suicide Prevention Coalition

1-800-273-TALK (8255)

<http://UtahSuicidePrevention.org/>

### Resources

#### BYU Comprehensive Clinic

*Effective, convenient, and affordable mental health services to local community members*

801- 422-7759

#### Hope4Utah

*Providing hope and promoting change*

*Combines school programs, community connections and mental health partnerships*

[www.Hope4Utah.com](http://www.Hope4Utah.com)

#### National Alliance for Mental Illness (NAMI) Utah County

*You are not alone. Find help with NAMI.*

*Monthly presentations and support groups*

Kate Olson: 385 208-1796

[utahcountynami@gmail.com](mailto:utahcountynami@gmail.com)

#### Family Support and Treatment Center

*Prevention and Support service*

*Therapy and Crisis Respite Nursery*

1255 N. 1200 W. Orem

801-229-1181

#### It's YES Time

*Counseling Teens—Young Adults—Families*

*Specializes in helping children, young adults and families connect and heal together.*

396 E 60 S, American Fork

801-901-0279

[Utahfamilytherapy.com](http://Utahfamilytherapy.com)

#### Provo Canyon Behavioral Hospital

*Innovative programs for treating those struggling with addictions, emotional, and or behavioral problems.*

801-852-CARE (2273)

### Resources

#### American Foundation for Suicide Prevention

*Understanding and preventing suicide through research, education, and advocacy*

Taryn Aiken 801-836-0958

[utah@afsp.org](mailto:utah@afsp.org)

#### Encircle

*Empowering families to sustain the circle of their love, enabling each member to thrive.*

*(LGBTQ community)*

Drop in hours

M/W/F 3-8pm T/H 12-8 pm

91 West 200 South, Provo

[Encircletogether.org](http://Encircletogether.org)

[info@encircletogether.org](mailto:info@encircletogether.org)

#### Continue Mission

*We aim to inspire, empower, and involve Veterans and their families and referred Service Members in recreational and educational programs that promote health and wellness and positive life changing experiences.*

[Continuemission.org](http://Continuemission.org)

[jhansen@continuemission.org](mailto:jhansen@continuemission.org)

801-243-2508

#### Provo Vet Center

*Vet Centers provide a broad range of counseling, outreach, and referral services to combat Veterans and their families.*

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

801-377-1117

After hours, weekends and holidays

call 1-877-927-8387